



**Health & Wellness Ottawa** and **Wellness in the Valley** are honoured to present a half day work shop with Joan Borysenko, Ph.D



### ***It's Not the End of the World:***

#### ***Developing Resilience in Times of Change***

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*The world is in crisis, but you don't have to be. We all know resilient people who bounce back from hardship and create their best lives. That's the promise of change. Other people stress out and melt down, losing hope and health. That's the danger in times of change. The good news is that resilience isn't a genetic gift for the lucky few. It's an easily understood skill that anyone can practice and master.*

*Resilient people face reality head-on, take action, find deeper meaning in life, laugh often, and are masters of improvisation. A new kind of natural selection is already having its way with us. Hopeful, stress-hardy people will rule the world. And as change and uncertainty escalate, those prone to stress will be less able to compete. In this workshop, Joan Borysenko, a world-renowned expert on stress, health, and human potential, offers you the tools you need to step into a bold new future that works for us all.*

**Where:** St Paul University Amphitheatre  
**When:** Sunday June 6<sup>th</sup>, 2010 1:00 – 5:00 pm  
**Cost:** \$95

